

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	.	Weekly housekeeping
10:30-11:30	FE-1	Physical exercise TVIS
11:30-13:00	CDR	Physical exercise TVIS – day 1
11:30-13:00	FE-1	ΦΥ RED
13:00-14:00	.	LUNCH
14:00-14:30	.	Weekly planning conference (<i>S-band</i>)
15:00-15:15	.	Review of TVIS R&R procedures
17:50-17:55	CDR	On MCC GO ISS Repress with O2 from the Progress #353 High Pressure Oxygen Tank (start)
17:55-18:55	CDR	Physical exercise (VELO+Force Loader-1) – day 1
18:55-19:00	FE-1	TVIS/RED/HRM data transfer to MEC
18:55-19:00	CDR	ISS Repress with O2 from the Progress #353 High Pressure Oxygen Tank (end)
19:00-19:30	CDR	COЖ maintenance
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	STATOKONIA. Temperature monitoring with APT
		ETD. Experiment ops
		DIATOMEA. Study of World Ocean aquatic areas

Note: See OSTP for references to US activities

End of r/g